Welcome to Our Centre

We welcome you to Islip Manor Children’s Centre, set in a beautiful leafy park in the heart of Northolt.

The Children’s Centre has activities for children aged 0 to 5 years and in the school holidays we extend this to 0 to 8 years. Islip Manor is the Hub Centre in the Northolt Locality with Petts Hill and Northolt Park Children Centre’s, being part of us. Our Locality was graded with a Good Ofsted Award with elements of outstanding. You will find a warm, approachable and friendly atmosphere with a range of good services, support and activities. We embrace our families’ feedback, ideas and input into our Centre and we are very much part of the Community.

All sessions will resume from 8th January 2019

ISLIP MANOR CHILDRENS CENTRE
Eastcote Lane, Northolt, Middlesex
UB5 5RG
Tel: 020 8845 0601
Timetables can be downloaded from this Website Link
www.ealingfamiliesdirectory.org.uk
### Timetable - January 2019

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>Talk &amp; Play</td>
<td>New Walkers</td>
<td>Action Amanda</td>
<td>Tiny Sport Stars</td>
<td>Child Health Clinic</td>
<td>Supervised Family Contact</td>
<td>Centre Closed</td>
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<tr>
<td>9:45am-10:45am</td>
<td>9:15am-10:45am (Age 1-2 years)</td>
<td>10:15am-11:00am (Age 1½-4 years)</td>
<td>10:15am-11:00am (Age 1½-4 years)</td>
<td>9:30am-11:00am Drop In</td>
<td>10:00am-3:00pm (Closed Session)</td>
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<tr>
<td>Stay &amp; Play</td>
<td>New Walkers</td>
<td>Stay and Play</td>
<td>Stay and Play</td>
<td>Breastfeeding One to One</td>
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<tr>
<td>11:15am-12:45pm (Age 0-5 years)</td>
<td>9:15am-10:45am (Age 0-1 years)</td>
<td>11:15am-12:45pm (Age 0-5 years)</td>
<td>11:15am-12:45pm (Age 0-5 years)</td>
<td>One to One Support</td>
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<tr>
<td>Developmental Checks</td>
<td>Infants Feeding Support Group</td>
<td>Infant Feeding Support Group including Breastfeeding Support &amp; Advice</td>
<td>Developmental Checks</td>
<td>10th January Only Baby Stay &amp; Play</td>
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<tr>
<td>1:00pm-4:00pm</td>
<td>1:00pm-3:00pm (Age 0-6 months)</td>
<td>1:00pm-3:00pm (Age 0-6 months)</td>
<td>1:45pm-2:45pm (Age 0-1 years)</td>
<td>9:30am-11:00am Drop In</td>
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<tr>
<td>Appointment Only</td>
<td>Drop-In</td>
<td>Bookable (5 Sessions)</td>
<td>Bookable (5 Sessions)</td>
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<tr>
<td>Infant Weaning</td>
<td>Sling Library</td>
<td>Perinatal Counsellor</td>
<td>Midwives Antenatal and Perinatal Clinic</td>
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<tr>
<td>Every 1st Monday of each month</td>
<td>29th January</td>
<td>Bookable Session</td>
<td>Bookable Session</td>
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<td>7th January</td>
<td>1:00pm-2:15pm (Play Room)</td>
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<td>IAPT Counsellor</td>
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<td>Bookable Session</td>
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<td>Starting 23rd January</td>
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<tr>
<td>Enjoy Your Baby</td>
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<td>1:30pm-3:00pm</td>
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<td>Drop-In</td>
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<td>Starting 17th January</td>
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<td>Baby Massage</td>
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<td>1:45pm-2:45pm</td>
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<td>(Age 0-1 years)</td>
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<td>Bookable (5 Sessions)</td>
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**Islip Manor Children’s Centre, Eastcote Lane, Northolt, Middlesex, UB5 5RG, Tel: 020 8845 0601**
Opening Hours
Normal Opening hours
9.00am – 4.00pm
If you need urgent advice please contact:
Ealing Children’s Integrated Response Service
020 8825 8000
SAFE TEAM
Supportive Action for Families in Ealing
020 8842 0220

Our activities

HEALTH, DEVELOPMENT & TRAINING
Monday
IAPT Councillor (By Appointment Only)
1 and 2 Year-Old Developmental Checks 1:00pm - 4:00pm
To book an appointment call: 020 8102 5888 (Appointment Only)
Tuesday
Infant Feeding & Breastfeeding Support Group 1.00pm – 3.00pm
Perinatal Counsellor (By Appointment)
Wednesday
Careers Advice with Dawn – Tel 07702-954450
Thursday
Hillingdon Hospital Midwives Clinic 9:00am – 3.00pm
Midwifery Team on 01895 279471 (By Appointment Only)
Friday
Child Health Clinic 9:30am-11:00am (Drop in)
Breast Feeding One to One Support 9:30am-11:00am (Drop in)

TwinkleTotz
Day Nursery Ltd
Open Monday to Friday – 8am to 6pm within Islip Manor Children’s Centre
For children aged 6 months to 5 years
twinkletotz@hotmail.co.uk
Tel: 0208 845 6000

Two and Three Year Old Funding
Are you eligible for the funding?
Why not check on childcare eligibility checker on:
www.ealingfamiliesdirectory.org.uk
Or come and speak with us

Healthy Development

Baby Discovery
This session provides a sensory experience for you and your baby.
Supporting learning through the five senses.

Tiny Sports Stars
Fun energetic football games and coaching.

Legal Advice
Free confidential advice on areas of law, benefits, debt, housing, immigration.
Tel: 020 8579 3861
Or e-mail info@ealingrec.org.uk
To arrange an appointment

New Walkers
This session is for babies aged 1 year to 2 years, it enables the children to explore a new environment while helping to develop their physical development at their own pace

Need to book an appointment with your Health Visitor call the Duty Number: 020 8102 5888

Action Amanda
This session incorporates the use of instruments, balls, bubbles, dancing and singing. To be enjoyed by both children and adults, to participate together.

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